

# CONCUSSION MANAGEMENT PROTOCOL

## RECOMMENDATION: 2 VISIT MINIMUM

### INITIAL VISIT

#### SYMPTOM EVALUATION AND PATIENT EDUCATION:

- ★ ACE – Acute Concussion Evaluation  
(Physician/Clinician Office version)
- ★ A Symptom Scale (Age-appropriate version)
- ★ A Symptom Scale (Parent/Adult Patient – fill out in office)
- ★ A Symptom Scale (Parent/Adult Patient – take home)
- ★ ACE Care Plan (Return to school or work version)
- ★ CDC Return to School Letter
- ★ When Concussion Symptoms Aren't Going Away (Age-appropriate version)
- ★ Any other educational materials or symptom tracker as needed

Send home an additional parent or adult version of a symptom scale to track symptoms over the next 4 weeks. This helps to understand what symptoms/behaviors to look for. Send home a letter to the school or work with recommendations. Research indicates that supports are more likely to be implemented if recommended by the healthcare professional.

With concussion diagnosis, recommend follow up visit in 4 weeks if any symptoms or any new behaviors since injury are present. Bring completed form to next visit.

### 4 WEEK POST INJURY VISIT

#### IF SYMPTOMS PERSIST OR NEW BEHAVIORS ARE PRESENT, CONSIDER THE FOLLOWING REFERRALS:

- ★ A specialized concussion treatment center
- ★ A neurologist
- ★ A symptom-specific specialist (e.g. neuro-ophthalmologist)
- ★ A brain trauma rehabilitation center
- ★ A neuropsychological evaluation
- ★ TEIS (if child is under 3 years old)
- ★ School district (3-5 years old)
- ★ School (5 years and over)

Note: Schools may not provide all the treatments needed. Research indicates that supports are more likely to be implemented if recommended by the healthcare professional.

### YEARLY CHECK-UPS

#### ASK ABOUT:

- ★ Any residual concussion symptoms
- ★ Any changes in school or work performance




# TRAUMATIC BRAIN INJURY/ CONCUSSION

## THINGS TO WATCH FOR OVER TIME:

- Headaches
- Changes in sleep patterns
- Fatigue
- Changes in vision
- Balance, coordination changes, dizziness
- Mood swings, gets mad easily
- Changes in personality
- Not feeling like themselves
- Trouble with attention and thinking
- Memory problems, especially short term
- Depression/Anxiety
- Difficulty handling stress
- Innapropriate behavior
- Grades dropping, falling behind in class
- Changes in work performance



<https://www.tndisability.org/brain>

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